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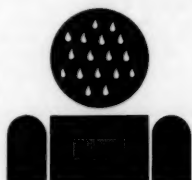
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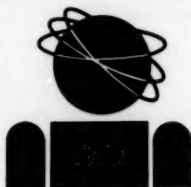
**PAIN IN THE NECK**



**PAIN IN THE CHEST**



**SEVERE SWEATING**



**DIZZINESS**

## DON'T GIVE THESE SIGNALS A SECOND THOUGHT.

### ACT IMMEDIATELY.

These signals may be the warnings your body gives you of a heart attack. And by ignoring them, you could be risking serious problems. Remember each year 350,000 Americans die from heart attacks before reaching the hospital. Often after much delay ignoring these warning signs.

So learn to recognize the symptoms of a heart attack. And when you see one or feel one, act quickly. As soon as you recognize a signal seek help immediately from a paramedic. Or get to an emergency room the fastest way possible.

You may not have a second to spare.

### WARNING SIGNALS OF A HEART ATTACK

1. An uncomfortable pressure, fullness, squeezing or pain in the center of your chest behind the breastbone.
2. The sensation may spread to your shoulders, neck or arms. If it lasts for two minutes or more, you could be having a heart attack.
3. Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur, but are not always present.